



## INShape shakes up state fair

As the music blasted from the speakers above, Ben Deady hesitantly stepped onto the dance floor, not so confident in his arsenal of moves.

Deady, who works on the Governor's Council for Physical Fitness and Sports, was being introduced to the concept of Zumba, an aerobic exercise fueled by Latin rhythms and beats.

At the very most, Deady's skills were limited. But, in the spirit of the event, he refused to let that stop him from trying.

"I was obviously not even close to being on beat with what everybody else was doing," Deady said. "But I wanted to encourage people to participate, so I kind of made an example of myself."

INShape Indiana did its best to bring some life to the Indiana State Fair Aug. 8-11. With various interactive performances, such as the Zumba lessons, this year's events reached out to everyone, demonstrating how fitness pertains to all ages and walks of life.

"Seeing all the diverse groups out there, from young gymnasts to the Zumba leader, who is Colombian and a mother of two — it was really neat to see them demonstrate the importance of staying in shape," Deady said.



Photo courtesy of the Governor's Council for Physical Fitness and Sports  
Led by Claudia Williamson-Martinez, second from left, members of the Indy Latin Dance Academy demonstrate Zumba, a form of Latin dance aerobics to Governor Council for Physical Fitness and Sports staff member Ben Deady, third from right, and interns Ashley Peeples, second from right, and Amanda McCormick, far right.

Members of USA Gymnastics, the Indianapolis Ice, the Special Olympics and the United States Tennis Association were among the various organizations in attendance throughout the four-day event.

Along with the Zumba lessons, provided by the Indy Latin Dance Academy, participants received

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## Help Hoosiers stop suicide in its tracks

One suicide death is felt by at least six other people. With more than 700 lives in Indiana lost to suicide each year, this means suicide directly impacts at least 4,200 people every year. The suicide rate in Indiana (11.31) is higher than the national rate (10.7). In fact, on average, suicide accounts for nearly twice as many deaths as homicide in Indiana every year.

Suicide is a serious public health problem, but it is preventable. The first step in preventing suicide is to identify and understand the risk factors. A risk factor is anything that increases the likelihood that persons will harm

themselves. Some groups with an increased risk for suicide include elderly white males, teens, and young adults. In Indiana, almost 10 percent of youth reported attempting suicide within the past 12 months in 2005 (Youth Risk Behavior Survey). Suicide is one of the leading causes of death for youth in Indiana. While many more



MONROE

males die by suicide than females, more females attempt suicide.

As a health care professional, you can sometimes be the first line of defense in preventing a suicide:

### Know the signs

Warning signs of suicide can include hopelessness, withdrawal from friends and activities, anxiety, irritability, mood changes, or feeling trapped. Most people who consider suicide want their

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# Changes

## NEW EMPLOYEES

Carter, Elizabeth	Legal Affairs	7/2/07
Delaney, Jamie	Governor's Council	7/2/07
Long, Timothy	Long Term Care	7/2/07
Stanton, Amanda	Micro Labs	7/2/07
Tobias, Jodi	HIV/STD	7/2/07
Cole, Zachery	Finance	7/15/07
Brant, Richard	ITS	7/16/07
Hill, Janet	Acute Care	7/16/07
Ignas, Erin	Office of Technology	7/16/07
Reeser-Kiefer, Joan	Long Term Care	7/16/07
Ryker, Kristin	Immunization	7/16/07
Serricchio, Matthew	Primary Care	7/16/07
Wells, Sherri	ITS	7/16/07
Wyatt, Megan	Long Term Care	7/16/07
Hart, Elizabeth	Public Affairs	7/23/07
Whitt, Ellen	Office of the Commissioner	7/29/07
Daniels, Vanessa	MCH	7/30/07
Harris, Trena	MCH	7/30/07
Worrell, Brian	HIPAA	7/30/07
Gordon, Michael	ERC	7/30/07
Chee, James	Finance	8/12/07
Mizell, Amanda	Immunization	8/12/07
Footman, Camia	MCH	8/13/07
Glass, Marsha	MCH	8/13/07
Jones, Brandi	Community Health	8/13/07
Renee Rals	Vital Records	8/12/07
Williams, Micah	Labs	8/13/07

## RETIREES

Reed, Thomas	7/15/07
Massela, Ambrosia	8/2/07
Schindler, Jill	8/15/07

## PROMOTIONS and TRANSFERS

Wolf, Amy	HIPAA	7/01/07
Gibson, Barbara	MPH	7/15/07
Hopseker, Debra	PHPER	7/15/07
Pace, Shanti	Vital Records	7/15/07
Anderson, Delfield	Immunization	7/15/07
Parsons, Jerry	PHPER	7/15/07
Starzinski, Mark	Chem Labs	7/15/07
Boyce, Brenda	Vital Records	7/29/07
Thomas, Nancy	Finance	8/12/07
Barnhill, Tom	ITS	8/12/07

# Movin' on up

Longtime Indiana State Department of Health employee Barbara Gibson was recently promoted to Learning Management System (LMS) Director in the Office of Public Health & Medicine Partnerships.

Throughout her 28 years of service at the ISDH, Gibson has worn many hats.

While working in Children's Special Health Care Services, Gibson became a driving force behind the creation of the Indiana Association for Infant and Toddler Mental Health (IAITMH).

Last year, in an effort to honor her, the IAITMH established the Barbara J. Gibson Award. It is now given each year to an individual possessing steadfast leadership, commitment and dedication to infant and toddler mental health.

"I was a bit hesitant as so many people from around the state were a part of making this organization come to fruition," Gibson said of the honor. "But they were insistent that it was through my leadership and vision that IAITMH became a reality."



GIBSON

Gibson also serves as an active member of the Mid-America Regional Public Health Leadership Institute after participating in the Institute as a fellow.

As the new Learning Management System Director, she will be responsible for promoting the LMS statewide to a wide range of groups, and adding new courses to the system.

Gibson stressed that the LMS is a great tool for ISDH employees and public health partners to learn at their own pace, emphasizing is a user-friendly approach to learn about public health issues and topics.

## SUICIDE

pain to go away, but do not want to die. Feeling hopeless or having no reason for living or no purpose in life can lead to suicidal thoughts.

## Watch for the signals

Remain alert for signals of emotional distress, depression, or suicide in your patients. It is possible your patients could present physical symptoms of depression, like sleep problems, weight loss or gain, or headaches. Risk factors for suicide are many, including mental illness, alcohol or drug abuse, depression, and chronic disease. The breakup of a relationship or death or divorce of a loved one can also precipitate suicidal thinking.

Behaviors of concern include talking about suicide, agitation, uncontrolled anger, dramatic mood changes, withdrawal from activities and social contacts and acting reckless. Changes in sleeping or eating patterns are common. If such behaviors occur, one should consider that suicide may be a possibility.

## Getting help...

- American Foundation for Suicide Prevention ([www.afsp.org](http://www.afsp.org))
- Indiana Suicide Prevention Coalition ([www.indianasuicidepreventioncoalition.org](http://www.indianasuicidepreventioncoalition.org))
- Mental Health of America of Indiana ([www.mentalhealthassociation.com](http://www.mentalhealthassociation.com))
- Stop A Suicide ([www.stopasuicide.org](http://www.stopasuicide.org))
- Suicide Prevention Action Network USA, Inc. ([www.spanusa.org](http://www.spanusa.org))

## Refer for help

Show interest and support for a patient who is depressed or suicidal and refer them to a mental health professional. Talk to your patients if they seem depressed, even if that is not the reason they came to see you. Take the opportunity at every medical visit to ask your patients how they are feeling emotionally, as well as physically. Open communication with your patients may give them the opportunity to share feelings that they are afraid to express to friends or relatives. Offer hope that alternatives to suicide are available. Encourage help through crisis intervention telephone lines and from mental health providers.

Some resources for your patients include the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) and the 24-hour Crisis Line through the Mental Health Association of Greater Indianapolis at (317) 251-7575 or (317) 251-0005.



# Muscular Dystrophy: Everything you need to know

Muscular dystrophy (MD) is a group of rare, inherited muscle diseases; with MD, the muscles are especially susceptible to damage and wearing. Doctors are now discovering that the disease comes from a lack of dystrophin, a muscle protein. The disease can begin in childhood; however, sometimes symptoms don't come about until middle age. The main characteristic of MD is skeletal muscle weakness and loss, which affects bodily movement and control. Some cases are mild and require little adjustment; however, many people experience vast muscle loss and may depend on a walker or a wheelchair. Over one million people across the country are affected by one of the 43 neuromuscular diseases of muscular dystrophy.

Potential symptoms of muscular dystrophy include muscle weakness, lack of coordination, loss of mobility and progressive crippling of muscles and joint areas. However, it is important to

note that cases of muscular dystrophy vary greatly and it is best to consult a physician to get a correct diagnosis.

Muscular dystrophy can be diagnosed by either undergoing genetic testing or performing a muscle biopsy, where a piece of muscle is cut out and examined. Muscles of people affected by MD usually show unusually large fibers, while other fibers are noticeably breaking down.

Currently, there is no cure or comprehensive treatment for any type of muscular dystrophy, only methods to slow the course of MD. Some patients are assisted with drug therapy. Corticosteroids slow muscle loss, antibiotics fight infection and immunosuppressants slow the damage done to muscles. Others choose physical therapy, corrective orthopedic surgery or the use of orthopedic devices. A patient's needs will depend on the type of disease, progression stage and severity of the disability.

The Muscular Dystrophy Association (MDA) is a voluntary health agency working to defeat neuromuscular diseases through programs of worldwide research, comprehensive services, and far-reaching professional and public health education. The MDA receives no government or outside funding. In Indianapolis, the MDA office is located at 8777 Purdue Road (I-465 and Michigan Road). MDA of Indianapolis supports three hospital-affiliated clinics at IU, Riley and Methodist Hospitals, as well as two monthly support groups for both adults and parents of children who have MD.

For more information about muscular dystrophy, the MDA or any resources located in Indianapolis, please contact MDA Regional Director Amber Deckard at (317) 824-4820 or visit the national MDA Web site, <http://www.mda.org>.



*Members of the Gibson County Special Olympics basketball team gather for a photo with volunteers from the Indiana Department of Education and staff from the Governor's Council for Physical Fitness and Sports. The members of the Gibson County team scrimmaged each of the four days at Governor Mitch Daniels' INShape Indiana SummerFit Plaza.*

## INSHAPE

instruction on bicycle safety, in which they learned how to read street signs and use proper hand signals.

Indiana First Lady Cheri Daniels capped off the four days by hosting the First Lady's Heart to Heart Heartland Walk, in an effort to raise awareness for women's heart conditions.

The final day also marked the end of INShape Indiana's SummerFit program, which encouraged Indiana residents to get active, eat healthy foods and refrain from smoking. For eight weeks, participants tracked their progress with a point system.

Rewards were given out

for successful completion and Governor Mitch Daniels congratulated his fellow Hoosiers for committing to lead healthier lives.

"It was great to see SummerFit participants who came to redeem their points at the SummerFit Plaza have the opportunity to share their stories with Governor Daniels during his visits to the plaza," said Eric Neuberger, Executive Director of the Governor's Council for Physical Fitness and Sports.

An estimated 750 people signed up for INShape Indiana over the courses of the three-day event. The organization continues to encourage more participants.



*Ben Deady*  
*Governor's Council for Physical Fitness and Sports intern Ashley Peebles leads a young man through the bicycle safety course at Governor Daniels' SummerFit Plaza. Participants were awarded free helmets, provided by INShape Indiana partner Flanner and Buchanan for learning how to read street signs, use hand signals and wear protective gear.*